

What is Claimed is:

1. A device for use in assisting in inserting a catheter in a female including:
a main body portion configured to be placed adjacent the pubic bone of a female;
a pair of legs extending outwardly from the main body portion;
a slot located between the legs; and
a flange extending longitudinally along each of the legs.
2. The device as set forth in claim 1, wherein the flanges extend along inner sides of the legs adjacent the slot.
3. The device as set forth in claim 1, further including a catheter guide at an upper end of the slot.
4. The device as set forth in claim 3, wherein the catheter guide includes a curved surface that is defined by a lower portion of the main body and the legs.
5. The device as set forth in claim 4, wherein the curved surface extends along a portion of the main body member and each of the legs.
6. The device as set forth in claim 1, further including a gripping portion at an upper end of the main body.
7. The device as set forth in claim 6, wherein the gripping portion includes a tongue-like projection extending from the upper end of the main body portion.
8. The device as set forth in claim 1, wherein the main body portion defines a plane and the legs extend at an angle to the plane.
9. The device as set forth in claim 8, wherein at least a portion of the flanges extend substantially transverse to the plane defined by the main body portion.
10. A device for use in assisting in inserting a catheter into a female including:

a main body portion configured to be placed adjacent the pubic bone of a female;
a pair of flanges connected to the main body portion configured to spread the labia of the female; and
a catheter guide located between the flanges.

11. The device as set forth in claim 10, wherein the catheter guide includes a curved surface.

12. The device as set forth in claim 10, wherein the main body portion defines a plane, and the device further includes legs that extend outwardly at an angle to the plane, and wherein the flanges extend longitudinally along the legs.

13. The device as set forth in claim 12, wherein the flanges extend along the inner sides of the legs and define a slot therebetween.

14. The device as set forth in claim 13, wherein a portion of the flanges extend substantially transverse to the plane defined by the main body portion and the catheter guide is located at one end of the slot.

15. The device as set forth in claim 10, consisting essentially of a unified body.

16. The device as set forth in claim 10, wherein the device is devoid of a vaginal insert.

17. A device for use in assisting in inserting a catheter in a female including:
a main body portion;
a pair of flanges connected to the main body portion configured to spread the labia of the female, the flanges having a height that is tapered and reduced at an end of the flanges nearest the main body portion;
and
an opening between the flanges for inserting the catheter.

18. A method of inserting a catheter in a female including the steps of :

providing a device having a pair of flanges configured to spread the labia of the female and an opening between the flanges for inserting the catheter;

placing the device adjacent the perineum of the female;

pressing the device against the labia of the female;

drawing the device upward toward the pubic bone of the female to separate the labia with the flanges and expose the urethra of the female in the opening; and

inserting a catheter in the urethra through the opening in the device.

19. The method of inserting a catheter in a female as set forth in claim 18, wherein the device is devoid of a portion that is inserted into the vagina of the female.

20. The method of inserting a catheter in a female as set forth in claim 18, wherein the steps may be performed by the female receiving the catheter for self-catheterization.

21. The method of inserting a catheter in a female as set forth in claim 20, wherein the device includes a gripping portion.